

Gracie Combatives®

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)
4	Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)
9	Elbow Escape – Mount (GU 12) Pull Guard (GU 21)
10	Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)
13	Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)
16	Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)
17	Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)
18	Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)
19	Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)
20	Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)
21	Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)
22	Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)
23	Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)

July 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 6 Class 5- 11:30am Class 8- 6:30pm	July 7 Class 9- 6:30pm Bring a Friend!	8 Class 6- 11:30am RD Standing 6:30pm	9 RD Standing 11:30am Class 10- 6:30pm	10 Class 11- 6:30p Bring a Friend!	11 Class 12- 11:15p Bring a Friend	12
13 Class 7- 11:30am Class 13- 6:30pm	14 Class 14- 6:30p Bring a Friend!	15 Class 8- 11:30am RD- FS 6:30p	16 RD FS 11:30a Class 15- 6:30p	17 Class 16- 6:30pm Bring a Friend!	18 Class 17- 11:15a Bring a Friend	19
20 Class 9 - 11:30am Class 18- 6:30pm	21 Class 19- 6:30p Bring a Friend!	22 Class 10- 11:30am RD- Mount 6:30p	23 RD Mount 11:30a Class 20- 6:30p	24 Class 21- 6:30p Bring a Friend!	25 Class 22- 11:15a Bring a Friend	26
27 Class 12- 11:30am Class 23- 6:30p	28 Class 1- 6:30p Bring a Friend!	29 Class 13- 11:30am RD-SMount 6:30p	30 RD- SM 11:30a Class 2- 6:30p	31 Class 3- 6:30p Bring a Friend!	Aug 1 Class 4- 11:15a Bring a Friend	Aug 2
Aug 4 Class 15- 11:30am Class 5- 6:30p	Aug 5 Class 6- 6:30p Bring a Friend!	Aug 6 Class 16- 11:30am RD-Guard 6:30p	Aug 7 RD Guard 11:30a Class 7- 6:30p	Aug 8 Class 8- 6:30p Bring a Friend!	Aug 9 Class 9- 11:15a Bring a Friend	Aug 10

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

Street Readiness in 23 Lessons!

The 36 techniques in the *Gracie Combatives* program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 lessons can be completed in any order.

Reflex Development Class (RD Class)

Once you have attended each class twice, you qualify to attend the RD Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level!

Log-on & Boost Progress!

As a student of the *Gracie Combatives* program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.